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SPY GAMES

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BODY POSITIVE: REALITY CHECK

Metro reporter Nikki M. Mascali has struggled with body image most of her life, so when she went on her dream vacation, she made the effort — with some help from model Charli Howard — to not let this issue become a burden. Find out how Nikki's vacation turned out. 4

PHOTO ILLUSTRATION NIKKI M. MASCALI



First look at Lower Manhattan's summer hotspot. 27

EVA KIS

THINGS TO KNOW



NIKKI M. MASCAL, REPORTER

I've struggled with my weight and body image for most of my life. But when I was offered the trip of a lifetime to Grand Cayman, I knew I needed to stop the cycle of letting my body issues stop me from enjoying myself — and my life. So I got some tips from body-positivity model and ambassador and All Women Project co-founder Charli Howard and embarked on a body-positivity experiment. Find out how I fared on page 4 or by visiting [metro.us](#).

WELCOME TO METRO.US

DEMS PRESS JUSTICE DEPT. ON LEAKS TO GIULIANI

IU.S. Senate Democrats on Monday pressed Justice Department officials about whether some FBI agents may have leaked damaging information about Democratic presidential candidate Hillary Clinton to Rudy Giuliani, now an adviser to President Donald Trump, shortly before the 2016 election. In response to questions from Democrats during a hearing before the Senate Judiciary Committee, FBI Director Chris Wray said his office was "aggressively investigating a number of leaks," but offered no details. Monday's Senate hear-

ing followed publication last week of a report by FBI Inspector General Michael Horowitz that concluded that former FBI Director James Comey made a "serious error of judgment" when he announced he was reopening an investigation into candidate Hillary Clinton's use of a private e-mail server a few weeks before the election. Comey became a controversial figure in the 2016 election, drawing accusations from Republicans and Democrats that his handling of an investigation into Clinton's emails influenced the campaign.

JUDGE CANCELS HEARING IN STORMY DANIELS CASE

2A Los Angeles judge has canceled a June 21 hearing at which a lawyer for adult film actress Stormy Daniels planned to seek the resumption of her lawsuit there against U.S. President Donald Trump and his longtime lawyer Michael Cohen. According to an order issued on Monday, U.S. District Judge James Otero decided it was unnecessary to hear arguments on the request by Daniels' lawyer Michael Avenatti to lift a 90-day stay imposed on April 28. Otero will rule on the request later. In imposing the stay, the judge cited the potential overlap between Daniels' lawsuit and a separate criminal probe by federal prosecutors in Manhattan that he said could result in Cohen's indictment. Daniels is suing to end an agreement under which Cohen paid her \$130,000 not to discuss an alleged intimate relationship she had with Trump beginning in 2006 and continuing in 2007. Her lawsuit also includes a claim that Cohen defamed her by implying that she had lied about her relationship with Trump. The president has denied having sex with Daniels, whose real name is Stephanie Clifford.

PROTESTORS RALLY FOR RELEASE OF CHINESE IMMIGRANT FACING DEPORTATION

3People attend a rally in support of detained Chinese national Xiu Qing You on Monday in New York City. You, a Queens father who has been in the United States for nearly 20 years, was detained by ICE agents when he went for his green card interview last month and is now being threatened with deportation back to China. The Trump administration is facing widespread criticism for its strict immigration policies, especially those that separate families.



GETTY IMAGES

AT&T PROMISES FEWER ADS AFTER MERGER

4AT&T Inc. is promising fewer commercials, smaller channel bundles and personalized programming now that it has taken over Time Warner channels in an \$85 billion mega-merger. After overcoming the U.S. Justice Department's objection that the deal would harm competition, AT&T, the country's number two wireless operator, said it will use its technology to reinvent how consumers receive and view entertainment. A major aim is to reduce the number of commercials now that customers are accustomed to ad-free services

such as Netflix Inc., said John Stankey, chief executive of newly named AT&T unit WarnerMedia. "One of the big benefits we can bring to the market is lighter ad loads," Stankey told Reuters in an interview. AT&T, long dominant in the U.S. telephone industry, is now at the forefront of Hollywood with its purchase of Time Warner, which owned HBO, the Warner Bros. film and television studios, and Turner Broadcasting and CNN. AT&T plans to use mobile phone and video data, supplied by customers who have given permission, to sell targeted advertisements.

WHITE HOUSE DEFENDS IMMIGRATION POLICY

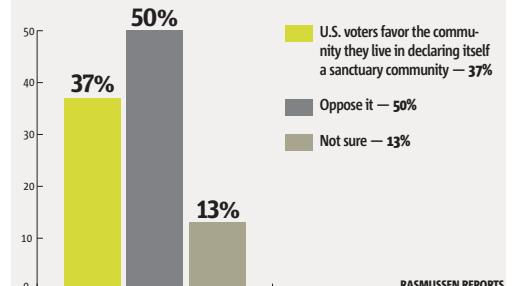
5The Trump administration on Monday defended its hardline immigration policy at the U.S.-Mexico border as criticism mounted over detained immigrant parents being separated from their children, including video of youngsters sitting in concrete-floored cages. While Democrats blasted such treatment as "barbaric" and some Republicans also voiced concerns, Department of Homeland Security Secretary Kirstjen Nielsen said the administration was only strictly enforcing immigration law. "This administration did not create a policy of

separating families at the border. ... What has changed is that we no longer exempt entire classes of people who break the law," she told reporters at a White House briefing. The family separations result from Trump's "zero tolerance" policy that provides for the arrest of all adults caught trying to enter the United States illegally, including those seeking asylum. While parents are held in jail, their children are sent to separate detention facilities. Video footage released by the government showed migrant children held in wire cages, sitting on concrete floors.

STATS

SANCTUARY COMMUNITY

Many communities in the United States have declared themselves sanctuaries for illegal immigrants, refusing to cooperate with federal immigration authorities. Do you favor or oppose the community you live in declaring itself a sanctuary community?



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NEWS



I may not have stood up on that paddleboard, but as a first-timer, I'm damn proud I didn't let my body-image issues keep me on the beach as they would have in the past. MARC BABIN/WESTIN GRAND CAYMAN SEVEN MILE BEACH

I tried to be body positive. Here's how it went

With body-positive tips from model Charli Howard, I made a vow to enjoy this beach vacation.



NIKKI M. MASCALI
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I've struggled with my weight and body image for most of my life, so when I was offered the trip of a lifetime to spend a long weekend in Grand Cayman, I knew I had to work on being more body positive.

So I made a pact with myself to not let myself — and my long-unhealthy mindset — keep me from enjoying everything on my itinerary: hitting the beach, snorkeling, paddleboarding, jet-skiing and swimming with stingrays. All, of course, while wearing nothing but the dreaded bathing suit.

Before I headed to the clear teal waters of Grand Cayman, I asked Charli Howard, a body-positive model, "Misfit" author and co-founder of the All Woman Project, for a few body-positivity pointers that I could employ while at the Westin Grand Cayman Seven Mile Beach Resort and Spa.

Body Positive Tip 1: Live in the now. As a journalist writing an article on body positivity, I knew I'd need to

be photographed, a lot, in my bathing suit. So in the weeks leading up to the trip, I found myself focusing on what those pictures would look like — and the potential comments from online trolls — but Howard nipped that in the bud.

"You're already worried about what people will think about your bikini photos, rather than just looking forward to the holiday itself," she said. "The likelihood is that no one will write a comment about you in your bathing suit — and if they do, they'll probably be from trolls on private accounts." Did it work? Yes. I got more excited for the incredible experiences awaiting me, and 10 minutes after arriving at the Westin, I was happily playing in the surf with no thoughts other than how gorgeous Seven Mile Beach and its water was — and how much fun I was having.

Body Positive Tip 2: Find the right swimsuit "Get a bathing suit that makes you feel comfortable," Howard suggested. "I look 10 sizes bigger in low-cut bikini bottoms, but feel fabulous in high-waisted, '50s styles. The more confident you feel, the less likely you are to worry!" Did it work? Absolutely. I think I'll always feel self-conscious about my stomach and thighs,

but in my Sophia Loren-inspired brown one-piece with tummy control and skirt, I truly felt fabulous. My purple-and-white one-piece also had a skirt, and both suits highlighted my narrow waist, which I now realize I must accentuate more in real clothes.

"You're already worried about what people will think about your bikini photos, rather than just looking forward to the holiday itself."

Charli Howard

Body Positive Tip 3: Forget looking "perfect" "As women who are subjected to seeing tons of body-shaming, overly retouched ads throughout our daily lives, we've come to believe that we need to look perfect in a bikini or that people will be judging us when we're in our swimsuits," Howard said. "But the truth is no one cares! Everyone is too busy focusing on themselves to care." Did it work? Yes, with practice. That first swim-

suit reveal in front of my companions made me anxious, but within minutes, it was forgotten as we got to know each other. I was mortified to be the first who struggled to get back up on my Jet Ski after snorkeling in open water, but then others did, too, and we laughed about it. Having my nearly naked body fully (and heavenly!) massaged in Westin's Hibiscus Spa took getting used to, but when bad thoughts of how I must look arose, I battened them away by focusing on how the massage was making me feel and then was truly able to relax and revel in the ahhh.

Body Positive Tip 4: It's not what you look like "There is so much more to life than what you look like!" Howard said. "Do you honestly want to look back in 40 years' time and wonder why you worried so much about what you looked like? No! Holidays are a rarity — enjoy them while you have the chance." Did it work? Sort of. Seeing the first photo of myself from the trip, in my bathing suit with a stingray, I immediately zeroed in on my body, but then I remembered Howard's words and instead saw myself smiling in complete wonderment as I held sweet Frisbee, who nestled against my chest as I stood on a sandbar in the most beautiful water



Before my trip to Grand Cayman, I got body-positive tips from Charli Howard, model, author of "Misfit" and soon-to-be published children's book "Splash," and co-founder of the All Woman Project. PROVIDED



It wasn't hard to forget my long-unhealthy body issues as I snuggled with sweet Frisbee, the barbless stingray at Stingray City in Grand Cayman. MARC BABIN/WESTIN GRAND CAYMAN SEVEN MILE BEACH

I'd ever seen. I did have to retrain my brain with every image of myself, but it got easier to see my happiness at my new experi-

ences first and foremost for the very first time in my life — and that, friends, is a body-positive experiment gone right.

ARTISTS



WILDLIFE

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Before: Lowland gorilla art



After: Hector 'Nicer' Nazario adds his signature style

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With temps hitting 90, heat wave wilts NYC, Northeast

Central Park reached a high temperature of 90 this afternoon.

Chicago and St. Louis sweltered on Monday at the center of a heat wave that stretched across the Midwest and Northeast, although relief could come as soon as Monday evening in some areas.

After a hot weekend, the temperature reached 91 in Chicago and 92 in St. Louis by early afternoon, the National Weather Service said, with both cities opening air-conditioned cooling centers to the public.

Central Park reached a high of 90 degrees on Monday, according to Accuweather. Newark topped at a sweltering 96 degrees.

The heat index,

which factors in humidity, hit 100 in St. Louis. Similar heat in Detroit

Monday, the Detroit News reported.

"This type of heat wave is typical for early summer," said Bob Oravec, a weather service forecaster, adding everywhere from Kansas City, Missouri, to Boston and Washington were experiencing above-average temperatures. "It's not astronomical."

Cleveland, Ohio, broke a record on Sunday for its hottest June 17 on record with the mercury reaching 94, Oravec said.

A Chicago native, Sharonda Williams, 31, carried a frozen drink as she returned to work at an outdoor kiosk for a bus tour company on Monday afternoon.

"It's hot, but you really can't complain," she said. "When it's freezing cold, you're wishing for the hot weather. But now that we

"When it's freezing cold, you're wishing for the hot weather. But now that we got it, you want the freezing cold. You can't win."

Sharonda Williams

compelled the city to announce it would close many public schools three hours early on



The heat and humidity did bring the possible chance of thunderstorms throughout the United States. GETTY IMAGES

got it, you want the freezing cold. You can't win."

The National Weather Service forecasts a rapid cool-down on Monday evening in Chicago as cooler weather blew in

off Lake Michigan, with the possibility of scattered thunderstorms.

The Great Lakes and Northeast regions, where many local governments issued warnings of poor

air quality, will also cool down as the week goes by with the arrival of thunderstorms as a cold front presses south, the weather service said.

REUTERS

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Flatiron Summer Series returns in shadow of iconic landmark

Free tech ed, fitness classes, games and more Tuesdays, Wednesdays and Thursdays.



NIKKI M. MASCALI
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New Yorkers know summer in the city can be unbearable when the thermometer creeps up, but thankfully, all season long there are free events across the city to help take our mind off the heat, and one of them, the Flatiron Summer Series, gets underway Tuesday.

Presented by the Flatiron/23rd Street Partnership Business Improvement District, the Flatiron Summer Series offers a full slate of Tech Tuesday, Wellness Wednesday and Throwback Thursday programming through Aug. 9.

"The inspiration for the series started with

the notion that we would program 'for the community, by the community,' meaning that we curate the series with only local partners," said Jennifer Brown, BID executive director. "This way, we provide fun amenities on the plazas for those who live, work and visit here, while also promoting the amazing selection of businesses, studios, and cultural attractions in the district."

Tech Tuesdays, which run from 6-7 p.m., will feature instructors from General Assembly, Touro College, Baruch College and ThoughtMatter teaching coding, data analytics and more.

Wellness Wednesdays also runs from 6-7 p.m. and includes barre, yoga, zumba, kickboxing and more from Exhale Flatiron, Uplift Studios, Tiger Schulmann and others.

Throwback Thursdays take place from 11 a.m. to 7 p.m. and features board games, a giant Con-



Presented by the Flatiron/23rd Street Partnership Business Improvement District, the Flatiron Summer Series offers a full slate of Tech Tuesday, Wellness Wednesday and Throwback Thursday programming through Aug. 9.

FLATIRON/23RD STREET PARTNERSHIP

nect Four and cornhole, as well as programming from The Jazz Gallery, People's Improv Theatre, Hill Country Live and more.

Brown has seen interest in the fitness portion of the Flatiron Summer Series take off the past two years, thanks in part to the plethora of fitness studios in the Flatiron District.

"They are incredibly popular among our office workers, residents, and people from beyond the

immediate neighborhood who view this as a mecca of fitness," she added. "I think once people really realized that they could experience a selection of these classes for free, out in the open air of the New York summer, it really took off."

To celebrate Thursday's Summer Solstice, the BID and National Museum of Mathematics will provide a vinyl sundial on the North Plaza, allowing visitors to use their shadows to mark the time.

MTA announces three subway station closes for July

Three city stations serving the 6, F and M subway lines will close on three separate dates in July for repairs and improvements, the MTA announced.

The 57th Street F station will close on July 9, and the 28th Street 6 station will shutter on July 16. While subway service at the 23rd Street F/M station will be suspended on July 23, the entrance

that connects to the PATH station will stay open, and PATH service will not be affected.

The three stations, which serve more than 70,000 straphangers, are slated to reopen in December. The stations are being shuttered to allow workers to complete the extensive structural work more quickly, the MTA said.

NIKKI M. MASCALI

TRAVEL ALTERNATIVES FOR THE 6, F, M MANHATTAN STATIONS CLOSURE

- For alternate service to and from the 57th Street F station (starting July 9): Use the 57th Street/Seventh Avenue N, Q, R, W; Fifth Avenue N, R, W; Seventh Avenue B/D; Fifth Avenue-53rd Street EM or 47th-50th Streets/Rockefeller Center B, D, F, M.
- For alternate service to

and from the 28th Street 6 station (starting July 16): Use the 33rd Street 6; 23rd Street 6 or 28th Street R or W.

- For alternate service to and from 23rd Street F/M station (starting July 23): Use 34th Street/Herald Square B, D, F, M, N, Q, R, W; 23rd Street C or E; 23rd Street 1 or 14th Street F or M.

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Treatment offers new hope for erectile dysfunction

If you're at war with erectile dysfunction (ED), you're not alone. In fact, one in every four new patients is under the age of 40, according to the *Journal of Sexual Medicine*. While it may be comforting to know that it's more common than you think, you're probably more concerned with getting it under control. And we don't blame you—ED takes a serious toll on relationships, intimacy and overall well-being.

Enter ErectionWave, an innovative new approach that flips traditional ED treatment on its head. More often than not, the go-to answer is a lifetime Viagra prescription. The big downside here is that this really only treats the symptom, not the underlying problem. It also leaves

you completely dependent on medication to enjoy a satisfying sex life.

Founded by a renowned Board Certified Urologist Dr. David Shusterman, ErectionWave is different in that it improves sex without medication. As the name implies, it directs high-frequency waves toward blood vessels that are normally narrow or blocked. This, in turn, optimizes blood flow, allowing for naturally strong erections. This holistic treatment also increases the size of penile veins and increases nerve function.

Translation: it's a noninvasive treatment option that actually gets to the root of erectile dysfunction.

Dr. Shusterman and his team of experienced sex function specialists are dedicated to eliminating the need for penile pumps, injections, and drugs like Viagra. They also offer highly effective alternative treatments that go beyond ErectionWave therapy. One pathway is hormone replacement—an umbrella term that covers a wide array of robust therapy options that are completely tailored to each individual patient. Addressing any hormonal causes of ED is critical to improving sexual desire and, ultimately, getting on the other side of erectile dysfunction.

Another successful option for men with ED is something known as the Priapus shot,

aptly named after the Greek god of virility. The P-shot, as it's called, is a non-surgical, completely pain-free penis injection that serves double duty: improving sexual performance and increasing penis size by up to 3.5 centimeters; a game changer for those who are at the end of their rope with erectile dysfunction. It also leverages your own regenerative cells, making it completely safe and totally natural.

Ready to tackle your ED once and for all? Book an appointment with Dr. Shusterman at NY Urology, located at 800 Second Avenue on the corner of 42nd Street. Call **212-661-0060** to take the first step toward a healthy, satisfying sex life.

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GETTY IMAGES

Opioid users will now qualify for medical marijuana, according to the NY health dept

New York residents who use opioids will be able to get medical marijuana in an attempt to relieve their pain and curb the opioid epidemic.



KRISTIN TOUSSAINT
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Those who use opioids will qualify for medical marijuana under an amendment developed by the New York State Department of Health.

Patients can be eligible for medical marijuana use in New York state if they have been diagnosed with certain debilitating or life-threatening conditions.

Currently, 12 conditions make the cut: cancer; HIV/AIDS; amyotrophic lateral sclerosis (ALS); Parkinson's disease; multiple sclerosis; spinal cord injury with spasticity; epilepsy; inflammatory bowel disease; neuropathy; Huntington's disease; post-traumatic stress disorder or chronic pain.

Opioid use will be added to that list as a qualifying condition, the health department announced Monday. Officials cited the severity of the opioid crisis, which has led to more than 3,000 overdose deaths in New York state in 2016, as a reason for the change.

deaths in New York state in 2016, as a reason for the change.

"The opioid epidemic in New York state is an unprecedented crisis, and it is critical to ensure that providers have as many options as possible to treat patients in the most effective way," said New York State Health Commissioner Dr. Howard Zucker in a statement.

Since marijuana can be an effective pain treatment, officials said, it "greatly reduces" the chance of someone developing an opioid dependence.

Multiple studies have shown that option of medical marijuana has led to "significant reductions in opioid prescribing." One study found that states with medical marijuana laws saw opioid overdose deaths drop by nearly 25 percent.

"I have been strongly advocating to remove barriers and allow the use of medical marijuana as an alternative to opioids because it will help patients, reduce the number of highly addictive opioids in circulation, and ultimately, it will save lives," said Senator George Amedore, co-chair of the Senate Task Force on Heroin and Opioid Addiction, in a statement.

"We continue to be faced with an opioid epidemic that is devastating communities throughout our state," he continued. "It's important we continue to do everything possible to address this issue from all sides, so I'm glad the Department of Health is taking this measure that will help high-risk patients, as well as those that are struggling with, or have overcome, addiction."

3,000

Officials cited the severity of the opioid crisis, which has led to more than 3,000 overdose deaths in New York state in 2016, as a reason for the change.

"As research indicates that marijuana can reduce the use of opioids," he continued, "adding opioid use as a qualifying condition for medical marijuana has the potential to help save countless lives across the state."

Rampant opioid use has lead to higher overdose rates, but it has other health effects as well. Those with opioid use disorder are also at a higher risk for HIV, hepatitis C and chronic diseases.

E-cigarette flavors linked to heart disease, stroke risk: BU study

With flavors like mango, cucumber, mint chocolate and even whipped cream, flavored e-cigarettes can seem more like a harmless treat than a health danger, but new research out of Boston University's School of Medicine sheds more light on the health risks e-cigarette flavors pose.

E-cigarettes have been lauded for their potential to help traditional cigarette smokers kick the habit, but questioned for their own health risks, as they contain nicotine. E-cigarettes bring another health harm, though, this study found, and it's in the flavoring additives.

The actual e-cigarette flavors can harm blood vessels and lead to early signs of heart damage, like a heart attack or stroke, the BU study found.

Published last week in an American Heart Association journal, the study marks the first time researchers specifically looked at how e-cigarette flavors could affect blood vessels.

Researchers at BU School of Medicine noticed that when blood vessels were exposed to these e-cigarette flavoring additives, chemicals that are normally released to promote blood flow were decreased and inflammation increased — indicators of

"Our findings suggest that these flavoring additives may have serious health consequences."

Lead study author
Jessica L. Fetterman

short-term toxicity.

The cells that line blood vessels showed the same level of toxicity in both smokers and those exposed to just the e-cigarette flavoring.

The study looked just at the effect of the flavorings, not the heat or any other chemicals from e-cigarettes. Nine flavors total were tested — mint, burnt flavor, vanilla, cinnamon, clove, butter, strawberry, banana and spicy cooling — and all of these were dangerous to the blood cells, though some flavors resulted in more inflammation than others.

"Increased inflammation and a loss of nitric oxide are some

of the first changes to occur leading up to cardiovascular disease and events like heart attacks and stroke, so they are considered early predictors of heart disease," said lead study author Jessica L. Fetterman in a statement. "Our findings suggest that these flavoring additives may have serious health consequences."

These flavors can also be a driver of youth tobacco use, Fetterman noted, and have been criticized by many as a factor drawing more kids to try out e-cigarettes.

KRISTIN TOUSSAINT



The debate about if vapes or e-cigarettes are healthy has been ongoing, but now a new study sheds light on the risks of the e-cigarette flavors. WIKIMEDIA COMMONS

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Trump orders creation of space-focused military branch

Military officials say a "Space Force" would "move us in the wrong direction."

President Donald Trump on Monday said he was ordering the creation of a sixth branch of the military to focus on space, a move critics said could harm the Air Force.

"It is not enough to merely have an American presence in space. We must have American dominance in space," Trump said before a meeting of his National Space Council.

"We are going to have the Air Force and we're going to have the 'Space Force.' Separate but equal. It is going to be something," he said later.

The United States is a member of the 1967 Outer Space Treaty, which bars

the stationing of weapons of mass destruction in space and only allows for the use of the moon and other celestial bodies for peaceful purposes.

"We are going to have the Air Force and we're going to have the 'Space Force.'"

Donald Trump

The idea of a Space Force has been raised before, by Trump and previous administrations, with proponents saying it would make the Pentagon more efficient.

It has also faced criticism from senior military officials. Air Force Chief of

Staff General David Goldfein told a 2017 congressional hearing that creating a new space branch would "move us in the wrong direction." The Air Force oversees most of the country's space-related military activity.

The move would require the budgetary approval of the U.S. Congress, which has been divided on the idea.

"Thankfully, the president can't do it without Congress because now is NOT the time to rip the Air Force apart. Too many missions at stake," U.S. Sen. Bill Nelson, a Democrat, said on Twitter.

Pentagon spokeswoman Dana White said the department's policy board would prepare to implement Trump's order.

"Working with Congress, this will be a deliberate process with a great deal of input from mul-



GETTY IMAGES

tiple stakeholders," White said in a statement.

In December, the president signed a directive that he said would enable astronauts to return to the moon and eventually lead a mission to Mars. He has ordered the government to review regulations on

commercial space flights.

Americans first landed on the moon in 1969, reaching a goal set by former President John F. Kennedy in 1961 and capping a decade-long space race between Washington and Moscow.

Since then, U.S. efforts

to explore beyond the Earth's orbit have largely focused on remote spacecraft that do not have human crew members, though American presidents have raised the idea of sending humans back to the moon or farther.

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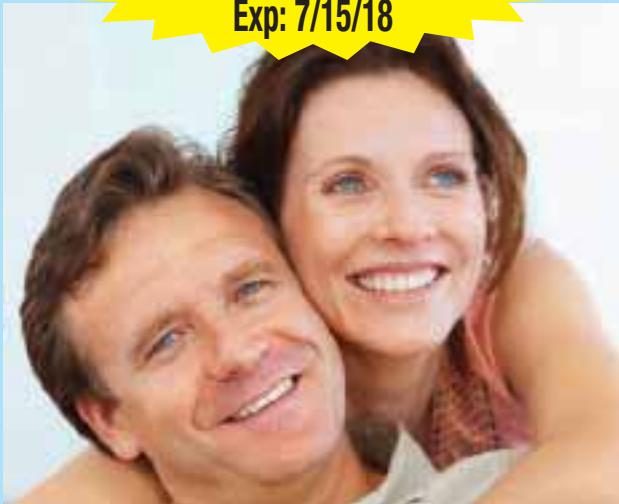
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Public-private partnership improved conditions at NYCHA buildings: report

Tenants are more satisfied than in recent years.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us



Could public-private partnerships improve NYCHA conditions? WIKIMEDIA COMMONS

It is no secret that the New York City Housing Authority (NYCHA) has faced its share of problems. But some NYCHA properties have seen improvements, a new study found, thanks to a pilot program by the agency that transferred the management of six Section 8 developments to a public-private partnership.

The pilot program began in 2014, when Triborough Preservation Partners, a joint venture between NYCHA, L+M Development Partners and Preservation Development Partners, took over managing the develop-

ments and brought in \$80 million for renovations and repairs.

Since then, the volume of work orders has dropped, rent collection has improved and tenant satisfaction has gone up, according to a Citizens Housing & Planning Council (CHPC) study.

CHPC, a nonprofit research organization focused on housing, released the study on Monday. During the study period, the Triborough buildings saw 2,109 work orders — way below the NYCHA-operated buildings, which saw

12,023 work orders during the same time period. Emergency repairs were also fixed more rapidly at a rate of 73 percent in the pilot group, compared to 47 percent in the control group.

"The injection of financial resources has been a game-changer for the families living in these buildings," said Jessica Katz, executive director of CHPC, in a statement. "In designing this innovative program, NYCHA identified new partners and new resources to improve quality of life for residents."

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On Juneteenth, 'Who We Are' re-examines racism and white supremacy in America

Tuesday marks Juneteenth, the celebration that commemorates the end of slavery in the United States on June 19, 1865. But as racism and social injustice did not end with the abolishment of slavery, it is an apt day for the interactive performance of "Who We Are: A Chronicle of Racism in America."

Directed by Gbenga Akinnagbe, "Who We Are" is based on the renowned lecture by ACLU Deputy Legal Director Jeffrey Robinson, which reexamines the country's 400-year history of white supremacy. The performance takes place at The Town Hall at 7 p.m.

"We are at a tipping point in this country, and the walls that we've built between each other based on race and on wealth are not high enough to keep the tide back," Robinson said. "And if we don't deal with this, it will tear



"Who We Are: A Chronicle of Racism in America" is based on the renowned lecture by ACLU's Jeffery Robison and takes place on Juneteenth, which marks the end of slavery in the U.S. **DEVIN ALLEN**

us apart."

"Who We Are" also includes performances from Emmy- and Golden Globe-winner Alfre Woodard, as well as Amy Ryan, Denis O'Hare, Jay O. Sanders, the Resistance Revival Chorus and others.

Tuesday's performance will be the sum of a feature-length documentary. Additionally, Robinson and the organizers are in the process of creating a high school and college curricula.

"The history Jeff shares is not easy but it is necessary. We knew the mo-

ment we heard Jeff speak, that we had to help him bring his talk to a wider, national audience," said Sarah Kunstler, who with her sister, Emily, is the founder of Off Center Productions and the daughters of late civil rights lawyer William Kunstler.

Tickets for "Who We Are" are \$25-\$50. The event is presented in partnership with Culture Project, Liberated People and Off Center Productions.

Visit thewhoweareproject.org for more info.

NIKKI M. MASCALI

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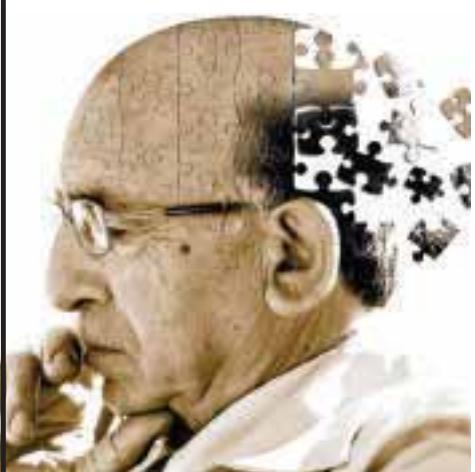
Aggression

due to

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or

Dementia?



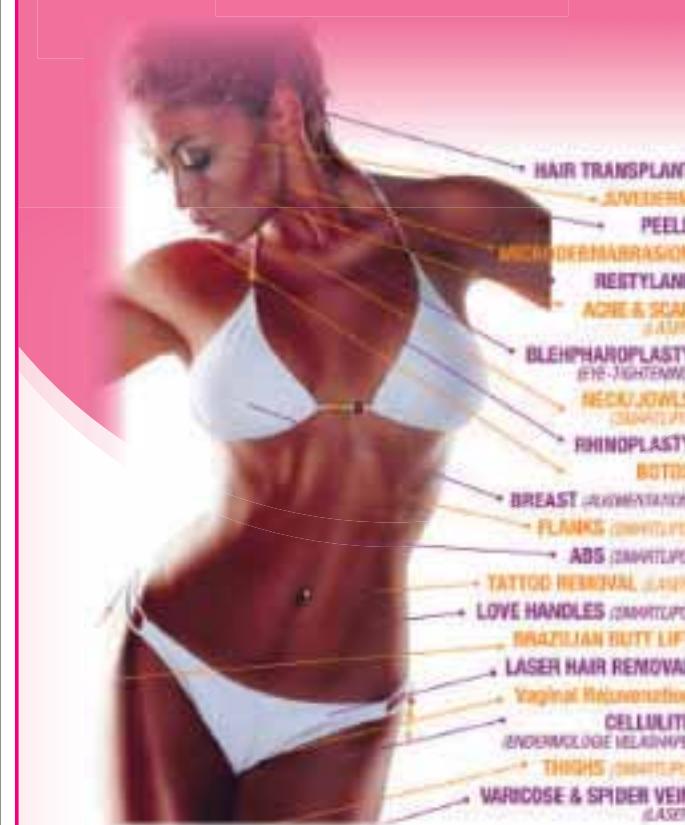
In this research study, individuals with a diagnosis of **Alzheimer's disease** or **dementia** who have symptoms of **agitation** or **aggression** will receive 12 weeks of free study treatment with help in behavioral management from experts in the field.

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center, is funded by the National Institutes of Health and sponsored by Johns Hopkins University.

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“Demand Soars For Innovative Arthritis Treatment FDA

NYC Pain MD doctors offer powerful, cutting-edge arthritis treatment... prepares for overw

By Matt Edgar

America's Health Writer

Arthritis sufferers can't get it fast enough and doctors offering it can't keep up with the demand. "Results are better than even I anticipated" noted one of the treating docs at the **NY Pain MD** Center for Non-Surgical Medical Relief Of Spine And Joint Pain with two locations right here in NYC.

He was referring to their innovative arthritis treatment program featuring Advanced Image-guided "Visco-Supplementation" at the conveniently located clinics..

"The response continues to be overwhelming. Once patients found out there was an FDA cleared, doctor-administered arthritis treatment that actually works – without the side effects of oral pain pills or risks of replacement surgery - and has enough scientific research that it is covered by many insurances and even Part B medicare – the offices continue to be deluged with arthritis pain sufferers wanting to find if they, too, can be helped. And newer research indicates it can help hips, ankles and shoulders as well".

What Is This

Treatment And How Does It Work?

If you are suffering with knee (or other joint) arthritis and pain, you are not alone. Degenerative joint disease or "arthritis" affects 21 million Americans and typically involves the weight bearing joints – like your knees. According to the American College of Rheumatology, nearly 70% of people over the age of 70 have x-ray evidence of the disease (and the ranks of much younger victims of this progressive disorder continue to grow significantly).

The worst thing is: Arthritis can be devastating. The pain can keep you up at night and make getting out of bed and moving around a daunting task. The pain and stiffness can suck all the happiness and joy right out of your life

And up until now, treatment options have not been that good... or that appealing to most patients. The basic protocol has been a steady diet of toxic pain pills until your joints completely wear out and then it's time to surgically replace the knee joint.

Read This If You Have Already Had Treatment Without Good Results

Even if you've failed Synvisc, Supartz, or other arthritis programs or had "blind" procedures, good results may still be possible when using **NY Pain MD** methods utilizing Precision Arthritis Targeting Technology (P.A.T.T.). To achieve the best results.

a qualified Doctor.

What's Results Can You Expect?

According to one developers and manufacturers of these special gel medicines ... "A course of treatment –will relieve pain in

But Now Things Have Changed

Osteoarthritis is a joint disease that mostly affects the cartilage. Cartilages the tissue that covers the ends on bones in a joint. When healthy, cartilage allows bones to glide smoothly over one another and acts as a shock absorber. Your "normal" knee also contains a small amount of fluid called synovial fluid. This synovial fluid is a thick, gel-like solution that cushions and lubricates the joint—much like oil lubricates the engine of your car.

In osteoarthritis, the synovial fluid loses its lubricating properties and "dries up" allowing the cartilage to break down and wear away. This is *like running your car with little or no oil*. Now as you attempt to use your knee(s), there is not enough lubrication causing the bones to grind together resulting in pain, swelling, stiffness and the joint continues to wear out. This is a vicious cycle and can lead to bone-on-bone rubbing and excruciating pain. Pain pills do NOT lubricate the joint or fix the problem. They simply mask the pain so you do not feel the pain as your joints continue to deteriorate. The eventual repercussions of this are obvious.

"Visco" Is Very Different

And here is why: It contains hyaluronate, one of the two natural lubricating agents found in your own synovial fluid. Visco-supplementation is precisely introduced directly into your knee joint in a series of 3-5 treatments (depending on severity) over a 4 to 6 week period. This instantly cushions the joint, reduces friction and allows greater motion with less pain or no pain at all in some cases.

This treatment not only lubricates the joint, but it acts as a shock absorber helping reduce grinding, inflammation and pain. **Here's something very important to consider:** Even though these lubricating medicines are non-toxic natural substances and are NOT considered a drug, it is NOT something you can get at your local health food store. It is scientifically researched and produced by pharmaceutical companies, FDA cleared and can ONLY be administered by

a majority of patients for 6 months without the safety concerns of non-steroidal anti-inflammatory drug (NSAID) therapy. In many patients, the effect is likely to last even longer than 6 months. "And the best part is: Since these gel lubricants are natural substances; they can be used over and over when necessary without risk. If it works for you, you may be able to look forward to years with less pain.

Who Should Consider Viscosupplementation...

Where Can You Get It And...

When Should You Start?

You should certainly consider The **NY Pain MD** method if you have been diagnosed with knee arthritis or told you need a knee replacement. If you have not been diagnosed with arthritis but have either knee pain, stiffness, swelling, difficulty walking or climbing stairs or loss of motion in the knee – you should have an examination to determine what the cause of your problem is. If you have any of those issues mentioned, there is a very good chance you already have or are starting to get arthritis.

Very Important – Do Not Wait - Here's Why ...

Studies indicate that if the arthritis is caught soon enough, the cushioning effect of the treatments may be able to help the knee heal and possibly, slow the arthritis thus help avoid joint replacement surgery. In other words, the sooner you start – the better. Does the procedure hurt? A local anesthetic is given to numb the area and the procedure is virtually painless. Most patients say it feels like nothing more than a slight "pinching" sensation... that's it.

Why Treatments At **NYC Pain MD** Are So Extremely Precise

Our doctors are particularly well-trained in a state-of-the-art digital fluoroscopic imaging – also known as Precision Arthritis Targeting – which allows them to see directly inside the joint during the procedure and get the natural cushioning medicine exactly where it needs to go. This makes sure treatments have the best possibility for maximum success. This is crucial because studies indicate that when doing these types of procedures – without digital imaging – it can miss the joint space up to 30% of the time rendering the treatment outcomes less effective.

How To Check Out This Breakthrough Treatment And See It Is Right For You For FREE

All the doctors at **NY Pain MD** are extremely excited about the response and results with this wonderful treatment and would like to share it with as many arthritis sufferers as possible.

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accepted if we feel you are most likely to get the pain relief and outcome you are looking for.

That's why **NY Pain MD** would like to invite you to come in for a knee arthritis screening at no cost to see if you actually are a candidate for comprehensive evaluation and possible treatment. All you have to do is call 877-568-8350 right now and when the scheduling coordinator answers the phone, let them know you want to schedule a "**NY Pain MD Knee Pain And Arthritis Screening**." They will know exactly what you are talking about and schedule you for our first time available. During this time you can get all of your questions answered in a warm, friendly environment and begin to find out if the **NY Pain MD** protocol is right for you. But if you would like to do this, you should call right now. The demand for this procedure has been overwhelming with hundreds calling weekly. Since our doctors cannot possibly screen everyone and we always make sure to give every single patient the personal attention they deserve, we have to limit these encounters. Therefore, the number of No-Cost, No Obligation screenings is limited to just 20. But... just imagine how it would feel to have much, if not all, of your knee pain finally gone. Imagine going to bed and being able to sleep through the entire night – and waking up refreshed and energized... ready to take on the brand new day... without the arthritis pain that's been terrorizing you and ruining your life. And imagine finally knowing you have a treatment to manage the pain caused by your knee arthritis. Well, you may not have to just



"imagine" any more... because our specialized medical regimen could be the answer you've been looking for. If you'd like to find out - at no cost to you - if we can help, simply give **NY Pain MD** a call at 877-568-8350 right now. Why wait one more day in pain when you may not have to? Call now before someone else gets your spot.

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Melania gives Father's Day the cold shoulder, talks immigrant families

The first lady chose a conciliatory message about immigrant separations instead.



First lady Melania Trump sent President Donald Trump no public Father's

Day greetings, choosing instead to reinforce one of his misleading talking points about immigrant families.

Over the weekend, outrage built around the Trump administration's forced separation of immigrant parents and children at the U.S.-Mexico border. Former first lady Laura Bush published a scathing op-ed in the Washington Post on Sunday, condemning the policy and calling it "cruel" and "immoral." The piece quickly went viral.

Melania Trump — who is an immigrant, as are her parents — also weighed in on Sunday, attempting a conciliatory tone. Her spokeswoman, Stephanie Grisham, issued a statement to The Hill: "Mrs. Trump hates to see children separated from their families and hopes both sides of the aisle can finally come together to achieve successful immigration reform. She believes we need to be a country that follows all laws, but also a country that governs with heart."

In the "both sides" language, the first lady echoed Republican talking points about the growing crisis. President Trump has falsely blamed the Democrats for the separations. In reality, it is the Trump administration's policy to undertake the separations — spearheaded by adviser Stephen Miller and chief of staff John Kelly — and there is no law requiring it. The president could end them at any time.

As of Monday afternoon, all 49 Democratic senators have signed on to a bill, the Keep Families

Together Act, that would stop the policy. No Republicans have joined them.

Melania Trump's cold shouldering of the president on Father's Day was somewhat expected, following a series of Twitter slights by the president. In a tweet welcoming the first lady home from the hospital after a kidney procedure, Trump accidentally called her "Melanie." He deleted and reposted the tweet, but not before it went widely viral.

"She believes we need to be a country that follows all laws, but also a country that governs with heart."

Stephanie Grisham

On Mother's Day, Trump tweeted a video message paying tribute to his mother but saying nothing about the first lady, the mother of his youngest child, Barron. (Or his two ex-wives, mothers of the other four Trump children.)

The first lady then didn't mention the president's birthday on June 14.

The distance stands in contrast to former President Obama and Michelle Obama, who consistently shared effusive social media posts on their birthdays and anniversaries, often with anecdotes about their relationship's strength and history.



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SPECIAL

"Mom... Dad...
I'm home!"



PAT KING
patrick.king@metro.us

Ever since the day you held your highschool diploma in your hands, you've probably wanted to keep the poster cluttered bedroom walls of your childhood bedroom as a distant memory. But now, the time has come to figure out where you plant your flag while you are attending grad school. You may laugh, but here are some reasons why you should consider choosing a grad school close to home.

Home will help you focus

Even though your

The case for choosing a grad school close to home



**EDUCATION
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undergrad "dorm-life" years gave you a sense of freedom to make a mess of your living quarters, that kind of sloppy aesthetic will only bog you down when you

are trying to earn your graduate degree. By living under the iron fist of your parents, you will be forced to keep your living space up to their standards.

You will be working toward your future

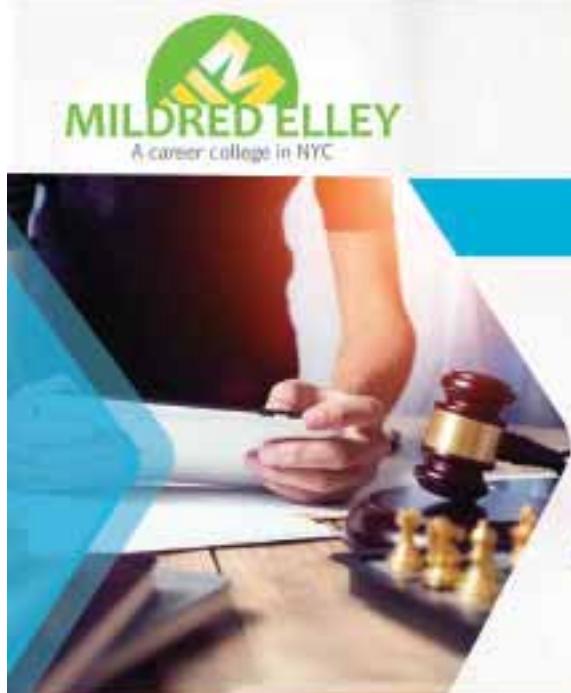
One thing that living with your parents will seriously hammer into your skull is that you

will be as motivated as ever to save up and move away from home after you have finished your graduate degree. But unlike living in a dorm, you will be able to balance your work and school life without having the stresses of coming up with rent and paying other household bills. Use this time to save up so that you can move on your own terms with a degree that will help you join the workforce at an advantage.

at home will bring your eating habits back down to earth before your life away from home.

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We can make all of these cases to you for why choosing a grad school close to home can be a big help. But, possibly the most monumental benefit of choosing a school close to home is the money you will save by paying in-state tuition. According to U.S. News, the average price for in-state graduate school tuition for a public university is close to \$30,000 — including living costs — as opposed to out-of-state, which is nearly a third more. If you cut down on housing costs by living at home, you will be thankful not to carry that debt later on.



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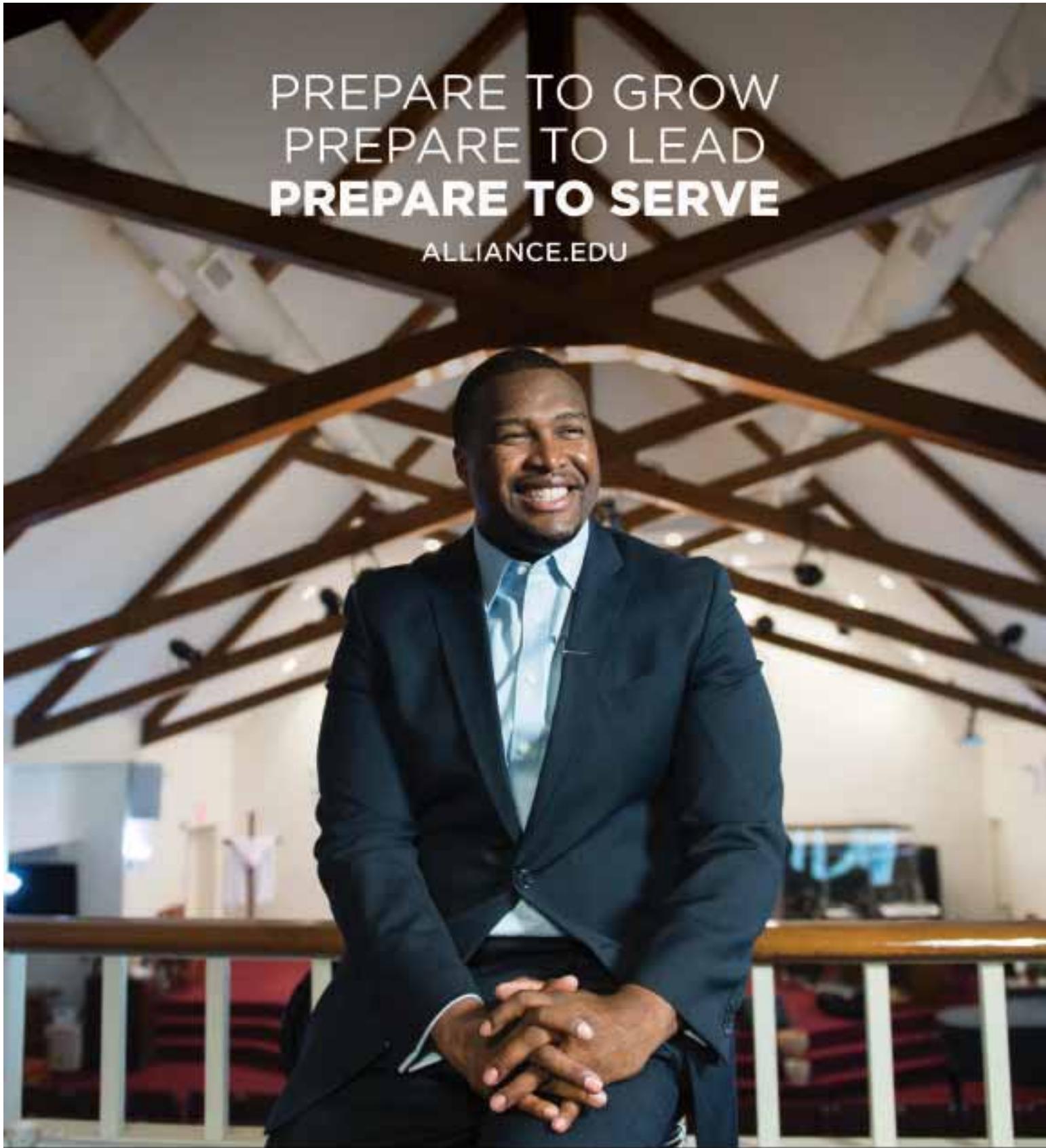
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Every single service that I got at Touro GST's Career Services turned out to be essential to my career development, especially the mock interview. Thank you Touro GST for contributing to my success at Tag as a Front-end Developer!



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Pat King
Grumble Editor

Today we have two amazing rants from some of all-star Grumblers. One, regarding people who bring stinky food on the subway and the other, a Grumble first, is about sports — and more specifically how lame the NBA finals were. Man, that series was not fun to watch ... at all.

READER WRITE-INS:

THE SUBWAY IS NOT FOR PICNICS

My pet peeve is people who eat on the subways. I don't mean bagels or donuts. I mean a main course. I was in the train recently and there was a lady with her husband and three children. They were each eating a McDonald's meal of nuggets, burgers and French fries. It was rush hour and they took a whole row so they can put their food next to them. The whole train car reeked of food and there was food on the floor. People please be considerate especially at rush hour when people are tired and the last thing they need is to stand up and smell food on the way home.

- Jose Quinones, Metro US reader

the GRUMBLE



Thumbs down.
All around! iStock

SPORTS! SPORTS! SPORTS!

Watching Lebron and the Cavs along with the Warriors was a hard series to stomach for

us Celtics Fans! I mean, if we'd beaten down Lebron, we'd have given the Warriors a run for their money. But that injury on open-

ing night damaged our ability to make it all the way. What if we'd gotten all the way to the Conference Finals? I wanted the

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The winning caption from Kim King, Metro Philly reader



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Aries You'll miss the point if you don't listen carefully. Someone will offer you information that can affect a decision you need to make. Read between the lines.



Taurus Travel, communication and preparation are favored. Don't let something going on in your personal life distract you from doing what's best for yourself.



Gemini Embrace whatever change comes your way and make it work for you. Think and act fast, and make the most of every opportunity that you come across.



Cancer Make adjustments at home that will add to your comfort or help your finances. If you share your feelings, it will improve a relationship with a loved one.



Leo Tone it down and avoid conflict. Use your intelligence to counter any opposition or actions that could harm your position or reputation. Break bad habits. Focus on the positive.



Virgo Speak up and share your thoughts and feelings. Collaborating with others will help you come up with a plan that can change the way you move forward.



Libra Offer to pitch in and help before someone asks you to do so. It's better to be accommodating if you want to avoid being talked about or criticized. Take the lead and make a difference.



Scorpio Don't let the actions of others anger you. Concentrate on what you can do to make things better. Your intuition and ability to find solutions will help you make a difference.



Sagittarius Look for a practical answer, not a pie-in-the-sky idea that involves risks and potential failure. Use your attributes and physical energy to get things up and running.



Capricorn Implement personal changes that will benefit your health and financial standing. Don't give in to someone pressuring you to take a chance on something that isn't in your best interest.



Aquarius You'll be anxious and tempted to make a move without sufficient preparation. Take a moment to assess your situation and determine whether someone is setting you up for a fall.



Pisces Your intuition, not your emotions, will give you the answer you are looking for. Aim for greater stability. Use your intelligence and rely on your experience to make practical choices. **EUGENIA LAST**

Tell us what you think!



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Celtics to be the finalists with the Warriors, not the Cavs! I thought this series sucked!

And another thing — why didn't the USA qualify for the World Cup? I know that the games have been exciting up to this point, but the Americans' absence is leaving a hole in the American sports scene. We soccer fans live and die by our teams, so why couldn't we get into the World's Big Dance of sports?

- Richard Clifford, Metro Boston reader

VENT TO US!
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LIFESTYLE



The Heineken Riverdeck on Pier 17 is open for beer, cocktails and rosé.

ALL PHOTOS BY EVA KIS



These giant chairs rock just enough to feel like you're actually on the water.

The beginning of what's to come

Lower Manhattan's Pier 17 is sure to be on your summer 2018 to-do list — and you can get your first glimpse of what's to come now.



EVA KIS
eva.kis@metro.us

Lower Manhattan's new Pier 17 is shaping up to be the city's hottest summer destination, and its first two venues are officially open for business.

Set along the northern tip of the pier with panoramic views of the East River from the Brooklyn Bridge to Red Hook, the Heineken Riverdeck is a resort-style bar with blue and white couches, pouffes and large wooden kind-of-rocking chairs (they only move about six inches — the better to avoid spilling your drink).

Calling back to last summer's Instagram sensation Garden Bar, the leafy promenade in the heart of the Seaport



Fresh Market Hall is the first restaurant to open at Pier 17.

District, the Riverdeck boasts a grassy wall behind the bar and broad-leaved tropical plants around the patio. Besides the eponymous beer, you'll find rosé on tap and cocktails by Mark Murphy of El Vez and Saxon + Parole.

There's also a menu of light bites like hummus and crudites, as well as a splashy \$60 charcuterie plate, coming from

Market Hall around the corner on the north side of Pier 17, the only other venue open on the pier for now. The globally inspired menu of grab-and-go dishes includes house-made paneer, Iberico ham with black truffle grilled cheese sandwiches, arepas with crab meat and a kale salad.

There's also a full bar and plenty of seating indoors and out on the

deck.

"I was looking at the Seaport and thinking about all the boats and ships and people and thought this would be the perfect place to do a global menu," says executive chef David Kornell, most recently of the Blue Ribbon Restaurants. "These are sort of my greatest hits from being in Spain,

India, cool stuff like that."

The rest of Pier 17 remains very much under construction, but you're welcome to take in the views from its buzzy rooftop, which will host its first concert a little earlier than previously announced.

On July 4 weekend, Carrie Underwood with opening act Dan & Shay

July 28 with a free show by Jon Batiste with the Dap-Kings, followed by shows through October featuring St. Lucia, Thievery Corporation and deadmau5, as well as comedy from Amy Schumer and Trevor Noah among others. Tickets for all upcoming shows are on sale now.

To kick off summer, the Seaport District will hold a Color Block Party on Saturday, June 30, themed to a new site-specific work by artist Geronimo, known for her oversized, colorful sculptures made of balloons. The all-day event includes DJs, food trucks, a "costume" contest for the most colorful attendees and more.

Many eateries and shops are still to come at Pier 17, including a restaurant by Momofuku founder David Chang and a food hall by Jean-Georges Vongerichten (though that's not expected to open until 2020).



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How true is 'The Catcher Was A Spy'?

Here's what director Ben Lewin told us.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Ben Lewin immediately knew that he had to tell the extraordinary true story of Moe Berg, the former Red Sox player and World War II spy who lived an incredible life shrouded in mystery.

The Australian director hadn't heard of Berg, who is played by Paul Rudd in the film, before being given the script for "The Catcher Was A Spy," but he recently told Metro that the story immediately sparked his interest for a number of reasons.

"Stories come along, and every now and then, one makes you sit up and take notice because you haven't heard it before," Lewin says. "I have often been fascinated by obscure World War II stories that no one knows about. And this was about a very elusive character and the birth of the bomb. Which was a big part of my generation, and it was a fear that really hung over my generation."

"So I found those elements really compelling," he adds. "Especially because at the center of this world-changing event was this unlikely character."

The mystery surrounding Berg, from his career as an average baseball



Paul Rudd plays the former Red Sox player turned WWII spy. ALL PHOTOS IFC FILMS

player to his incredible intelligence in certain aspects of his private life, meant that it was always going to be hard for "The Catcher Was A Spy" to be completely true. Especially when it came to his spying on German theoretical physicist Werner Heisenberg, who Berg was instructed to kill if he suspected that the scientist was on the brink of creating a nuclear bomb.

But Lewin was more than happy to blend truth with a little bit of myth and cinematic poetry with "The Catcher Was A Spy," though.

"I don't know any historical film that doesn't take artistic license. History is not written like a script," Lewin says. "When

you read history of any kind you assume there is a level of truth and a level of interpretation. I felt that most about what I read about Moe was based on proper historical sources. Particularly Nicholas Dawidoff's book."

"What was actually said between Moe and Heisenberg [Mark Strong] during their walk together, which effectively decided Heisenberg's fate, no one knows," he adds. "That's speculation. In a way that's part of the at-



"The Catcher Was A Spy" tells the (mostly) true story of Moe Berg.

traction, that sense of mystery over what was said and what drove people's decisions."

Lewin reveals that some moments in the movie are "pure poetic license," such as a scene set

in a synagogue. "I thought, 'Moe undoubtedly must have had moments of serious reflection about what he was going to do.' I wanted to set that in the context of a synagogue on a High Holiday, which I think was innocent political license," Lewin says. "The question of Moe's emotional get-up is also very vague. We followed what material there was about his personal life. I think that if you are telling history you have a responsibility to make it entertaining and dramatic. But at the same time not tell it wrong. Not to distort the essential elements."

Even after making

"The Catcher Was A Spy," and watching it premiere at the Sundance Film Festival earlier this year, Lewin admits that he is still endlessly intrigued by the character of Berg.

"I learned a lot of extraordinary things about Moe. One was that he turned down the Medal of Freedom that he was given," Lewin says. "I couldn't figure out why he did that. I am still speculating why. He was a man of many contradictions. He never had a driver's license, he never drove a car, he never had an address, I was more intrigued by what I couldn't figure out rather than what I could."

"The Catcher Was A Spy" debuts June 22.

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How to fight ticks



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Most people know ticks are carriers of Lyme disease and that if you have a pet who goes outdoors, a monthly preventive is a must. With illnesses from bug bites on the rise according to the Centers for Disease Control, we spoke with Dr. Alexandra Abrams-Downey, assistant professor in the division of infectious diseases at the Icahn School of Medicine at Mount Sinai, about how to have a tick-free summer.

What is the cause of the increase in ticks this year?
Shorter winters and warmer temperatures may be related, as this means increased activity of ticks.

Where are people most at risk?

Ticks are generally found near the ground in grassy or wooded areas. Spending time outdoors, whether hiking and



ISTOCK

camping or just gardening and walking your dog, can put you in close contact with ticks. While ticks are commonly thought to occur outside of urban areas, they have been moving into the five boroughs.

Can bites be prevented?
If going for a hike, avoid high-grass areas and walk in the center of the trail. Insect repellent, either applied directly to the skin (with at least 20 percent DEET) or with pretreated clothing (with 0.5 percent permethrin), is key. And when you get back, a shower will help to find ticks and wash them off.

Where do they frequently bite?

Ticks don't jump or fly, but they can climb! Ticks will usually grab on to you as you brush up against grass or brush. Once on your body, a tick will crawl and look for a

safe place to attach. This typically includes warmer, darker areas of your body where the skin is thinner, such as behind your ears.

How do you check for ticks?

Use a mirror to view all parts of your body. Parents should make sure to help their kids. Important areas to examine include hair/scalp, in and around the ears, under the arms, inside the belly button, between the legs and the back of the knees. And remember, they're tiny — some as small as a poppy seed!

What do you do if you find a tick?

Using a tweezers, grasp the tick as close to the skin's surface as possible and pull gently in a steady, upward motion. Never use petroleum jelly, nail polish, kerosene or matches to remove a tick.

— SHEILA DOUGHERTY

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SPORTS

The European powerhouse was not convincing but still put three past the World Cup debutants.



JOE PANTORNO
joseph.pantorno@metro.us

As one of the teams that finished ahead of the United States in qualifying for the 2018 FIFA World Cup, Panama made its first-ever appearance in the competition on Monday morning. Unfortunately for the small North American nation, it ran into Belgium, ranked third in the world who took down the debutants 3-0

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Kane provides late winner for England



Harry Kane's second goal of the match in stoppage time lifted England to a 2-1 victory over Tunisia in Group G play at the 2018 FIFA World Cup. It was England's first win in a World Cup opener since 2006. For full World Cup coverage, visit metro.us/sports GETTY IMAGES

Shaky Belgium breeze past Panama

in Group G play.

It was a less than convincing performance despite the scoreline from Belgium, who have aspirations of advancing deep within the competition after disappointing showings at the 2014 World Cup and 2016 European Championships.

With a deep, well-rounded team that is laden with stars, the Red Devils sputtered as a brilliant second-half volley from Dries Mertens calmed nerves after a mediocre first-half showing. Romelu Lukaku, who was a no-show for more than half the match, emerged with two second-half goals to start his tournament on the right foot.

The stage initially seemed as though it was too large for Panama, who nervously attempted to survive the first few waves of Belgian attacks. Somehow, it managed to go the entire first half without conceding despite heavy pressure which provided glorious chances for Mertens and Eden Hazard along with a cracking effort from Kevin De Bruyne that



Dries Mertens' stunning volley sparked Belgium's 3-0 win over Panama on Monday. GETTY IMAGES

fizzed just above the Panamanian crossbar.

Belgium came closest in the opening half when a De Bruyne cross looked destined to be tapped into an open net by Lukaku, but Panama hero Roman Torres, whose goal in qualifying sent his country to the World Cup, slid in to get a vital touch to send it wide.

It was a frustrating opening for the Belgians, who just seemed

off in the opening 45 minutes. The connections weren't there, the star striker Lukaku was not involved enough and the midfield that is constantly dazzled by De Bruyne and Hazard did not distribute as crisply as what was expected. For the Panamanians, it was a victory.

Those feelings quickly evaporated in the second half when Mertens opened the scoring with a brilliant volley from

the right side of the box two minutes in. It came from a difficult angle, but the Napoli man squared his body and thumped a dipping shot first time into the far corner.

Panama almost provided a shocking answer seven minutes later when a ball over the top found Michael Murillo in alone on Belgian keeper Thibault Courtois, but a poor first touch allowed defender Jan Vertong-

hen to get back and ruin the chance.

It was a missed opportunity it would rue as Lukaku finally contributed to the Belgian cause, heading in a beautiful cross by De Bruyne who sent in a tantalizing pass with the outside of his foot right to head of the Manchester United striker to slot home his side's second tally of the day in the 69th minute.

He would add his second in the 75th minute when Hazard sparked a counter-attack, releasing Lukaku with just the goalkeeper to beat. Before the onrushing Jaime Penedo could get to the ball, Lukaku chipped the sliding keeper.

At the end of the day, it's three points for Belgium, but concerns have suddenly surfaced around this team after the surprisingly subpar performance. This squad has been given "The Golden Generation" moniker given its depth of talent, yet this is a team that will have a very difficult time in the knockout stage should they advance as expected.

2018 WORLD CUP SCHEDULE TUESDAY, JUN. 19

8 AM ET, GROUP H
COLOMBIA v. JAPAN

11 AM ET, GROUP H
POLAND v. SENEGAL

2 PM ET, GROUP A
RUSSIA v. EGYPT

Huge week awaiting the Islanders

The future of John Tavares, the team's new head coach and possible trades could be addressed in the coming days.



JOE PANTORNO
joseph.pantorno@metro.us

For a team that has basically been dormant for the past 33 years, the New York Islanders have seen plenty of action and rumors surrounding them over the past month.

After the hiring of Hall of Fame executive Lou Lamoriello as president of hockey operations at the end of May, changes have swept the club, including the firings of general manager Garth Snow and head coach Doug Weight.

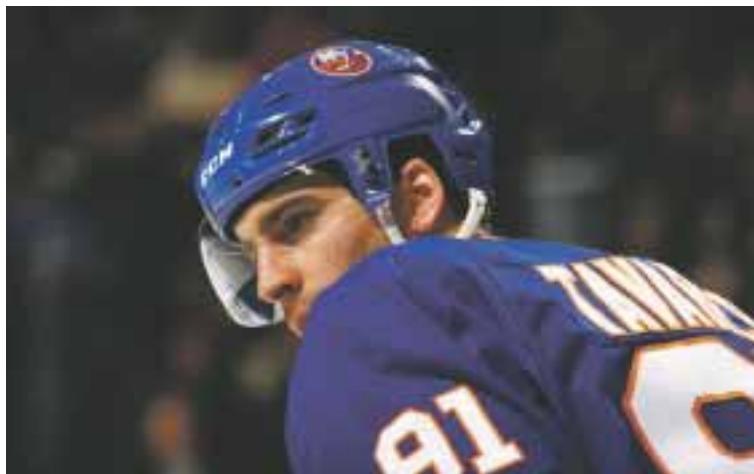
It was a necessary and overdue culture change seeing as the Islanders have made the

playoffs just four times since Snow took over in 2006 while recording just one postseason series win.

After two playoff-less seasons, the team's mediocrity called the future of All-Star captain John Tavares into question as the 27-year-old is set to become an unrestricted free agent on July 1. Tavares is the biggest star the Islanders have had since the dynasty years of the early 1980s and the possibility of his departure under the old regime would have sent the organization spiraling into even darker times.

In terms of Tavares' future, the chances of him staying have significantly improved. His agent, Pat Brisson, told NHL.com that Tavares has had "ongoing dialogue with the Isles for the past three weeks on a daily basis."

Over the past year, Tavares has consistently



The Isles could find a new head coach, secure John Tavares and make a couple big trades in the next week. GETTY IMAGES

said the right thing and has made it known that he would ideally like to stay with the organization that drafted him No. 1 overall in 2009. But the team's inability to build a contender around the Canadian center along with difficulties securing a long-term arena

did little to endear him to commit to the club. In December, the Islanders found their site to build a state-of-the-art hockey-first home in Elmont, New York, which provides Tavares with a much shorter commute compared to Brooklyn from the \$6 million

home he built in Long Island's Garden City last year.

Now Lamoriello provides something Tavares hasn't experienced much of in the NHL: hope.

In the meantime, the Islanders have other things to focus on be-

fore the 2018 NHL Draft on Friday. A report from SNY's Chris Botta revealed that Lamoriello wants to have a new head coach in place before the draft. While there is no definitive favorite for the job, names like Sheldon Keefe and Barry Trotz have been mentioned around the vacancy.

Lamoriello could keep the ball rolling on draft night as the Islanders have the 11th and 12th picks in the first round. With the team needing NHL-ready defensemen and a true No. 1 goaltender, the Islanders could use one of those picks to help facilitate a trade that could address either those weak points.

That's more activity than the Islanders have been a part of in what feels like a decade. So buckle up, Islanders fans. Things are expected to get hectic this week.

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NYC Pain MD is a medical clinic with 2 locations in New York City that has medical doctors specially trained in some of the most advanced, cutting edge knee arthritis treatments available today.

And they have put together an information kit that details some of these advanced medical procedures that have already helped thousands.

Including... what you need to know about joint lubricating injections, platelet rich plasma (PRP), stem cell therapy... and more.

This free information kit contains a video and report that will also explain the two arthritis treatments paths you

should know about and what "Precision Arthritis Targeting Technology" is and why it has already helped so many arthritis sufferers.

How To Get Your Information Kit...

All you have to do is go to painmdny.com/knee and click the button that says "Click here to get a free knee arthritis treatment info kit."

Then put your name and email address in the space provided and you will be emailed a video and PDF report detailing what treatment options could be the best for your arthritis pain and how we might be able to help you.

We will also send you a way to get a free screening to see if you qualify for one of the advanced medical treatments. ***It is 100% free with no further obligation.***

If you are interested in the screening... awesome. If not, that's ok, too... at least you will have all the information and options.

And if you don't have email... you can click the red "knee pain" button and you will instantly watch a video detailing some of your best options. If you are looking for proof... I think you will find it on this website.

After getting this information and watching the video... you will breathe a big

sigh of relief knowing what your best options are and what treatments might finally relieve some or even all of your knee arthritis pain.

And let's be crystal clear about this... NYC Pain MD is a real medical clinic with real medical doctors.

You will be getting real quality information about real medical treatments.

This is NOT some fake "wonder cure." In fact... you will NEVER see any guarantee of results. This is because... in the world or science and real medicine... Guaranteeing results is impossible.

Every patients is different... and so are the results. Any doctor (or marketer!) telling you different is lying to you. I have seen some of the "miracle cure" ads that are everywhere. I bet you have too.

That being said... We will be completely upfront and honest with you. Refreshing... isn't it?

So... if you are looking for up to date... honest information about some of the best possible medical treatments for knee arthritis pain...

Go here painmdny.com/knee and request the information kit or just watch the videos on that page.

Or if you would like to reserve a free screening before they are all gone call 877-228-5490 right now.

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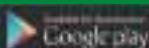
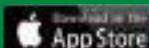
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- 1 Currently have a depressive disorder, including Major Depression
- 2 Are in good physical health

→ The research study will be conducted by:
Dr. James Murrough at the Mood and Anxiety Disorders (MAP)
1428 Madison Avenue, Atran Building E level

→ Participation will include:

- 10 Study Visits (~1.5 hours per visit)
- Thorough psychiatric and medication evaluation (~4 hours)
- Compensation provided

→ For more information, please call 212-241-3089 or email at megan.hoch@mssm.edu

→ If you are interested in participating, please take our online pre-screen by following [this link](#) or navigating to the link below or scanning this QR code

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DEUTSCHE BANK NATIONAL TRUST COMPANY AS TRUSTEE FOR GSR MORTGAGE LOAN TRUST 2006-0A1; Plaintiff(s) vs. TONI SIMONS; et al; Defendant(s); Attorney(s) for Plaintiff(s): ROSICKI, ROSICKI & ASSOCIATES, P.C., 2 Summit Court, Suite 301, Fishkill, New York 12524, 845-897-1600

Pursuant to a judgment of foreclosure and sale granted herein on or about January 29, 2018, I, will sell at Public Auction to the highest bidder at QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHIN BOULEVARD,

JAMAICA, NEW YORK 11435 IN COURTROOM #25. On July 13, 2018 at 10:00am. Premises known as 167 FOCH BLVD, JAMAICA, NY 11434 Block: 12364 Lot: 114

ALL that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment \$329,462.65 plus interest and costs.

INDEX NO. 19399/2013

Peter M. Wolf, Esq., Referee

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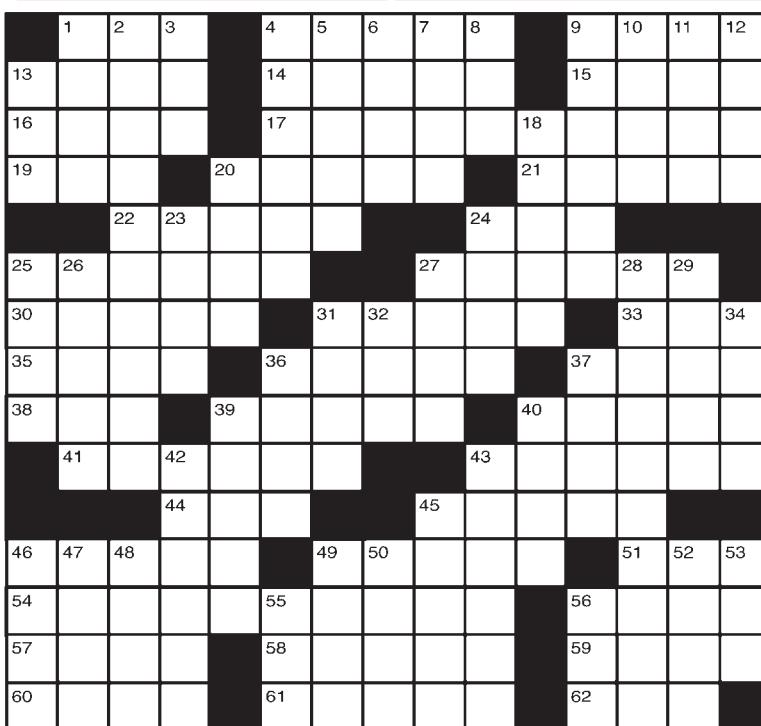
- 1 "The ___ News Bears"
- 4 Ermine
- 9 Undies, for some
- 13 Word of agreement
- 14 Door hanger's need
- 15 Gather crops
- 16 Get up
- 17 Emphasize
- 19 "Not ___"; "Hold your horses!"
- 20 Annoyed
- 21 Lubricated
- 22 Boulders
- 24 Car fuel
- 25 Uses a razor
- 27 Unassuming
- 30 Felt sick
- 31 Like Plaster of Paris
- 33 Small jump
- 35 Broad smile
- 36 Comes down to earth
- 37 Facts & figures
- 38 Red or Tyrrhenian
- 39 Calcutta currency
- 40 Rivera work
- 41 Swine noses

- 1 Soft cheese
- 2 Adelaide resident
- 3 Billy ___ Williams
- 4 Sea dangers
- 5 Lyme disease carriers
- 6 ___ more; again
- 7 Like fine wine
- 8 Smallest two-digit number
- 9 Black-and-blue mark
- 10 ___ Parmigiana; Italian dish
- 11 Go out with
- 12 Rushed
- 13 Attempt

- 18 Servile flatterer
- 20 ___ tea
- 23 Baker's need
- 24 ___ ballistic; loses it
- 25 Hangs limply
- 26 Brings on board
- 27 A la ___ served with ice cream
- 28 Maintaining a good blade
- 29 Sum
- 31 Clefts
- 32 TV's "___ Life to Live"
- 34 Sickly-looking
- 36 Minstrel's instrument
- 37 Get rid of
- 39 Regretting
- 40 Kirshner and Hamm
- 42 Can ___; small kitchen appliance
- 43 Actress Ally
- 45 Leave
- 46 Sore
- 47 Oxford, for one
- 48 Dad
- 49 Saga
- 50 Border on
- 52 Guitar fingerboard ridge
- 53 French article
- 55 File drawer, perhaps
- 56 ___ slow burn; get increasingly angry

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Cereal	Fruit	Quaker
Cheerios	Honey	Total
Clusters	Kellogg's	Trix
Crisp	Nestle	Wheaties

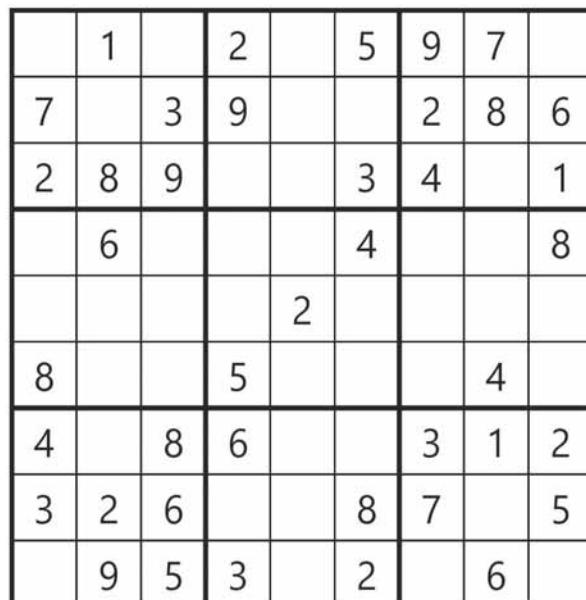
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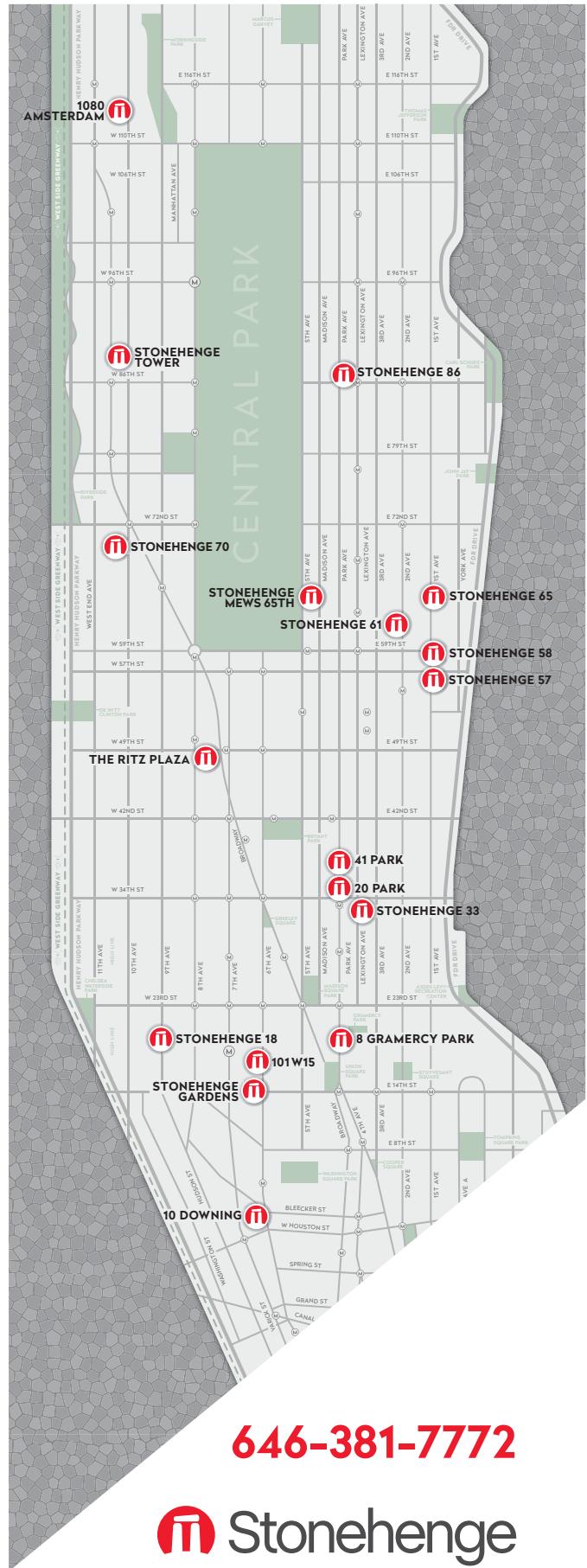
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